

December 2015 Senior Center Gazette





Sweet Sendoff" for Linda Olla!

Please join us on Tuesday, **December** 8th from 3:00 -6:00pm, as we celebrate our

Fremont Senior Center Leader. We are planning a "Sweet Send-off" with some coffee, tea, and sweets. Join us at the Fremont Senior Center!



December Birthday Party! Friday, December 11th at 1 pm

Celebrate the holidays with a special Holiday entertainment by Prince of Peace Handbell Choir just for us! Cake provided by Roses' Mortuary and special gift certificates by the Builders Fund, Garden Club and Hope Station. No Charge for dessert or entertainment so please come and enjoy!

Christmas Lunch!

Friday, December 18th at 12pm \$6m or \$8nm

Bring the whole family and enjoy a great holiday event. Our Chefs will be preparing New York Steak w/ Red Wine Sauce & Roux, Potato Gratin, Broccolini, Arugula Salad, Chocolate Almond Bread Pudding! Buy tickets early, as this event always sells out!



Breakfast with Santa! Monday, December 21st At 9AM

Bring your grandkids to have breakfast with Santa! Breakfast will include Bacon, Chicken Sausage, French Toast, Hash Brown, Scrambled Eggs, Maple Syrup, and Fruit. Monday, December 21st at 9am at the Fremont Senior Center. \$5 m/\$7 nm \$3 for kids 12 years old and under.

AARP Tax-Aide Appointments

Volunteers will be here again this year from February 2-April 11th, 2016 to assist with tax preparation.

By appointment only.

COMMUNITY SERVICES

FREMONT HUMAN SERVICES DEPARTMENT	
Coordination of services for homebound seniors	574-2041
Senior Center	790-6600
Senior Help Line - Information & Referral	574-2041
Fremont Paratransit Program	574-2053
Multi-Purpose Senior Services Program (MSSP)	574-2041
Senior Peer Counseling	574-2041
Caregiver Support Program	574-2041
LIFE ELDERCARE	574-2090
Meals on Wheels	574-2092
Fall Prevention Program	
Friendly Visitor Program	
Travel Escort Program (VIP Rides)	
AFGHAN ELDERLY ASSOCIATION	
ALAMEDA COUNTY WEBSITEwww.alameda	a.networkofcare.org
AL-ANON HOTLINE	276-2270
ALZHEIMER'S ASSOCIATION HOTLINE	1-800-660-1993
ALZHEIMER'S SERVICES OF THE EAST BAY	
ARTHRITIS FOUNDATION N. CALIFORNIA CHAPTER	
BACS ADULT DAY CARE CENTER	
CITYSERVE COMPASSION NETWORK	
COMMUNITY HEALTH RESOURCE LIBRARY	
EAST BAY PARATRANSIT	
HEALTH INSURANCE INFORMATION SERVICE	1-800-770-9447
HOUSING ASSISTANCE	
(FREMONT OFFICE OF HOUSING & REDEVELOPMENT)	
LEGAL ASSISTANCE FOR SENIORS	
MEDICARE	800-952-8627
MEDICARE & INSURANCE COUNSELING (HICAP)	
TRI-CITY HEALTH CLINIC	
SENIOR LIBRARY SERVICES74	15-1499 or 745-1491
SENIOR CENTER WITHOUT WALLS	
SOCIAL SECURITY	1-800-SSA-1213
TRI-CITY ELDER COALITIONtceconline.org or	574-2030

Surviving the Holidays Strategies for Family Caregivers

Are you overwhelmed or worn out due to holiday tasks, traditions and caregiving obligations? Sign up for this great 1 day workshop, you will learn strategies in decreasing stress and increasing holiday enjoyment and well-being. **Wednesday, December 9th 10am - 12pm** at the Fremont Senior Center, sign up by stopping by the office or calling 510.790.6600.

Tips, Tricks, and Technology for Living at Home for a Lifetime

Join us on **Thursday, December 10 from 11-12pm** to learn about equipment and home adaptations that can keep you living safely and independently in your own home. Sign up at the Fremont Senior Center office or by calling 510.790.6600.

9th Annual Crab Feed fundraiser for Fremont Senior Center! Friday, Feb 19, 2016

Location: Fremont Elks Lodge 38991 Farwell Dr. Fremont, 94536

Please call the office at 790-6600 for ticket reservations & information.



Disney Family Museum

Wednesday, January 20, 2016

> \$74 Member \$84 Non Members

Jersey Boys

Wednesday, February 10, 2016 \$153 Member \$158 Non Members





Cache Creek Resort Casino

Wednesday, February 24, 2016 \$29 Member \$32 Non Members

New Year's Lunch!

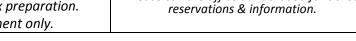
January 5, 2016 Come by and help us welcome 2016 at our **New Year's Lunch! Buy tickets in advance!**

Happy Holidays!
The Senior Center will be closed
Dec 24th and reopen Jan 4, 2016











The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2050.